

Food Storage Plan Checklist

- Create a menu for 1 week of shelf stable food.
- Write down all the food items you will need for your 1 week menu.
- Keep 1 copy of your food items in a safe place.
- Purchase all the items for your menu.
- If you want 2 weeks, double your list. If you want 1 month, 4x's it!

Pro Tip: Make a 2 week menu and just double it for 1 month of food. That way you won't get food fatigue.

[Watch the Video](#)